



## Signs of Opioid Overdose



Not moving and  
can't be woken



Slow or not  
breathing



Blue lips and nails



Choking, gurgling  
sounds or snoring



Cold or clammy  
skin



Tiny pupils

Overdose is a medical emergency - **CALL 9-1-1** | Tell attendant: Person is **not responsive** and **not breathing**.

HealthLink BC: 8-1-1

BC Drug & Poison Information Centre: 1-800-567-8911

## SAVE ME Steps

Follow the **SAVE ME** steps below to respond



**STIMULATE**

Unresponsive?  
Call 911



**AIRWAY**

Check and open



**VENTILATE**

1 breath every  
5 seconds



**EVALUATE**

Breathing?



**MEDICATION**

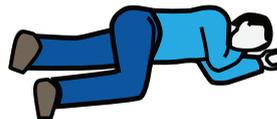
1 dose of  
naloxone



**EVALUATE  
& SUPPORT**

Wait 5 minutes.  
Another dose?

If the person must be left  
unattended at any time, put  
them in the recovery position



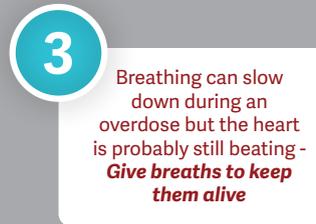
## How to Give Breaths



1  
Tilt head back to  
open the airway



2  
Pinch nose. Cover  
mouth with mask  
or clothing



3  
Breathing can slow  
down during an  
overdose but the heart  
is probably still beating -  
**Give breaths to keep  
them alive**  
Give 1 breath every  
5 seconds



# NALOXONE SAVE A LIFE

## How to Use Naloxone

1



Flip off the cap to reveal latex seal

2

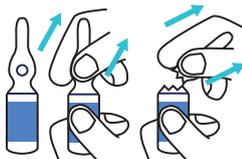


Turn vial upside down. Pull plunger to draw up liquid

3



Inject into muscle  
Press plunger all the way down to trigger safety (retraction)



Tap ampoule to send all liquid to the bottom

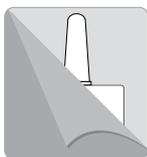
Push top away from you to snap open the ampoule



Pull plunger to draw up liquid



Inject into muscle  
Press plunger all the way down to trigger safety (retraction)



Peel the package open and hold the device.

Do not press until ready to give naloxone.



Place the tip in the nostril



Press firmly